



Chicken Tortas

Serve these sandwiches with sliced jalapeño peppers for a little added heat!

Makes 4 servings. 1 sandwich per serving.

Prep time: 15 minutes

Nutrition information per serving

Calories 312, Carbohydrate 28 g, Protein 29 g,
Total Fat 9 g, Saturated Fat 3 g, Cholesterol 67 mg,
Sodium 476 mg, Dietary Fiber 4 g

Ingredients

- 2 cups cooked, shredded chicken
- 1 teaspoon chili powder
- 2 cups pico de gallo
- 2 cups shredded romaine lettuce
- 4 thin slices white onion
- ½ cup shredded reduced fat Monterey Jack cheese
- 2 radishes, sliced
- 4 bolillos or French bread rolls, cut in half lengthwise

Preparation

1. In a medium bowl, combine chicken, chili powder, and 1 cup pico de gallo.
2. In a second bowl, combine lettuce, onion, cheese, and radishes.
3. Place equal amounts of chicken and lettuce mixtures inside of each roll.
4. Spoon ¼ cup pico de gallo over lettuce and close sandwich. Serve immediately.

